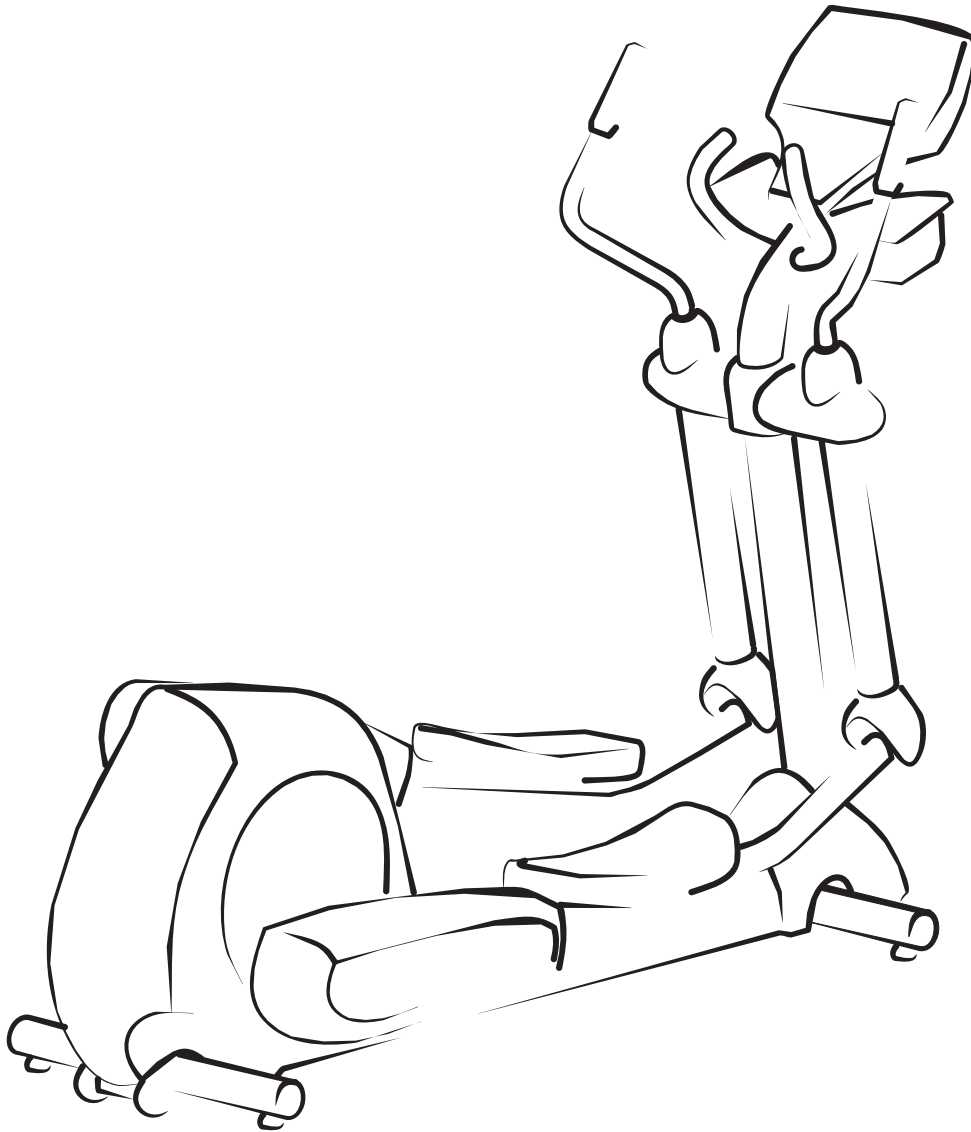


# X SERIES

## X9i Cross-Trainer

ASSEMBLY INSTRUCTIONS



*Life Fitness*

***Congratulations...***

*and welcome to the world of* ***Life Fitness***

*and the* ***Life Fitness X9i*** *Cross-Trainers*

The following Parts List and the step by step assembly procedures have been assembled to make the set-up of the Cross-Trainer as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Cross-Trainer.

## **IMPORTANT SAFETY INSTRUCTIONS!**

- ⇒ **DO NOT** locate the Cross-Trainer outdoors, near swimming pools, or in areas of high humidity.
  - ⇒ **DO NOT** operate your Cross-Trainer if it has been dropped, damaged, or even partially immersed in water. If this occurs, contact Life Fitness Customer Support Services at the number in the Operation Manual.
  - ⇒ **DO NOT** locate the Cross-Trainer any closer than 30 inches (76 cm ) to a television set.
  - ⇒ **DO NOT** locate additional Cross-Trainers any closer than 42 inches (107 cm) from center to center to avoid interference (cross talk) between Heart Rate monitors.
  - ⇒ **DO** keep the area around your Cross-Trainer clear of any obstructions, including walls and furniture. Ensure that there is at least a 12 inch (30cm) clearance in front of the Cross-Trainer.
  - ⇒ **DO** verify the contents of the delivery carton against the accompanying Parts List prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed in the Operation Manual. Save the shipping cartons in case of return.
  - ⇒ **DO** read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.
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## **CONSIGNES DE SECURITE IMPORTANTES!**

- ⇒ **NE** placez PAS l'appareil à l'extérieur, près d'une piscine ou dans un endroit très humide
- ⇒ **NE** faites PAS fonctionner l'appareil s'il est tombé, s'il a été endommagé ou s'il a été partiellement plongé dans l'eau. Si cela s'est produit, contactez le service après-vente de Life Fitness au numéro fourni dans le manuel d'utilisation
- ⇒ **NE** placez PAS l'appareil à moins de 76 cm d'un poste de télévision
- ⇒ **NE** placez PAS d'autres appareils du même type à proximité. Un espace d'au moins 107 cm doit être observé entre les parties centrales de deux appareils afin d'éviter les interférences entre les contrôleurs de rythme cardiaque.
- ⇒ **MAINTENEZ** la zone autour de l'appareil libre de toute obstruction, y compris murs et meubles. Veillez à laisser un dégagement d'au moins 30 cm devant l'appareil
- ⇒ **VÉRIFIEZ** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces sont absentes, contactez le service après-vente de Life Fitness au numéro indiqué dans le manuel d'utilisation. Conservez l'emballage au cas où vous devriez renvoyer l'appareil.
- ⇒ **LISEZ** le manuel de l'utilisateur tout entier avant d'essayer de faire fonctionner cet appareil. Ceci est indispensable à son utilisation correcte.

**TOOLS REQUIRED FOR ASSEMBLY... Magnetic #2 Bit Phillips Screwdriver, 5/16" & 3/16" Hex Key Wrenches, 1/2" Open End Wrench**

**PARTS LIST**

1	<b>Hex socket Head Cap Screw</b> <b>3/8-16 x 1"</b> 0017-00101-1645	Qty: 8	2	<b>Phillips Pan Head Screw</b> <b>#8-18 x 10"</b> 0017-00101-1744	Qty: 8
3	<b>Phillips Pan Head Screw</b> <b>#8-18 x 3/4"</b> 0017-00101-1242	Qty: 14	4	<b>Console Assembly</b> AK61-00193-0001	Qty: 1
5	<b>Front Monocolumn Cover</b> 0K61-06350-0003	Qty: 1	6	<b>Back Monocolumn Cover</b> 0K61-06351-0003	Qty: 1
7	<b>Console Support Assembly</b> AK61-00500-0015	Qty: 1	8	<b>Flat Washer</b> 0017-00104-0192	Qty: 2
9	<b>Left Front Cover</b> 0K61-06200-0004	Qty: 1	10	<b>Right Front Cover</b> 0K61-06210-0004	Qty: 1
11	<b>Left User Arm Assembly</b> AK61-00178-0002	Qty: 1	12	<b>Right User Arm Assembly</b> AK61-00178-0001	Qty: 1
13	<b>Front Rocker Cover</b> 0K61-06340-0003	Qty: 2	14	<b>Back Rocker Cover</b> 0K61-06341-0003	Qty: 2
15	<b>Foam Isolator (Polar® Receiver)</b> 0K36-01059-0002	Qty: 1	16	<b>Polar® Receiver</b> AK40-00045-0001	Qty: 1
17	<b>Accessory Tray</b> 0K63-01030-0001	Qty: 1	18	<b>Internal Tooth Lock Washer</b> 0017-00104-0450	Qty: 6
19	<b>Cap: Console Support</b> 0K61-01283-0001	Qty: 1			

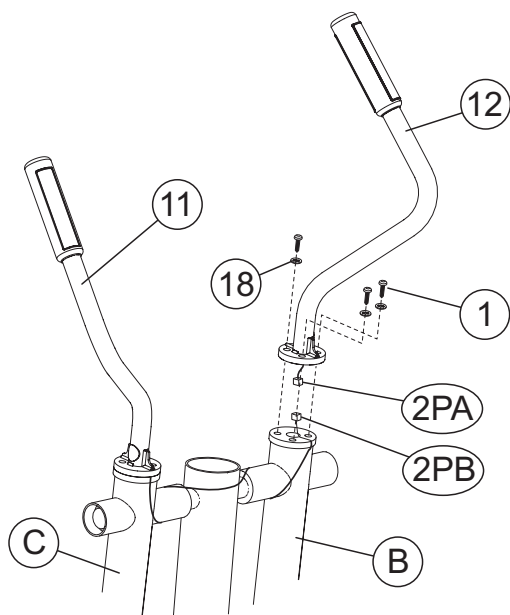
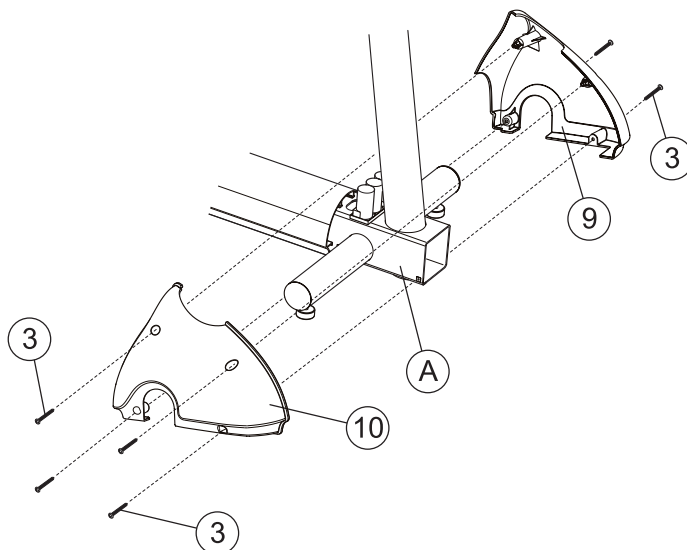
### Step 1

Before proceeding, familiarize yourself with the parts of the Cross-Trainer and make sure that you have received all the items described in the Parts List.

### Step 2

Locate the left and right FRONT COVER (#9, #10).

Use two PHILLIPS PAN HEAD SCREWS (#3), mount the USER LEFT FRONT COVER (#9) to the FRAME (A). Attach the USER RIGHT FRONT COVER (#10) to the FRAME in the same manner using two PHILLIPS PAN HEAD SCREWS (#3). Secure the tops of the FRONT COVERS together using two PHILLIPS PAN HEAD SCREWS (#3).



### Step 3

Locate the RIGHT USER ARM (#12). Snap the 2-PIN CONNECTOR (2PA) located at the bottom of the RIGHT USER ARM into the 2-PIN CONNECTOR (2PB) positioned at the top of the RIGHT ROCKER ARM (B). Feed the connectors and excess cable up into the RIGHT USER ARM. Secure the RIGHT USER ARM to the RIGHT ROCKER ARM using three HEX SOCKET HEAD CAP SCREWS (#1) and INTERNAL TOOTH LOCK WASHERS (#18). Repeat the procedure for the LEFT USER ARM (#11) and LEFT ROCKER ARM (C). Tighten all screws securely.



**CAUTION: BE CAREFUL NOT TO PINCH THE WIRE HARNESSES WHEN ASSEMBLING THE USER ARMS (#11 & #12) TO THE ROCKER ARMS (B & C).**



**MISE EN GARDE : VEILLES À NE PAS Pincer LE FAISCEAU DE CÂBLES LORS DE L'ASSEMBLAGE DES POIGNÉES MOBILES (N° 11 et 12) ET DES BRAS BASCULANTS (B ET C).**

#### Step 4

Detach and unwrap the WIRE HARNESS (E) (10P, 3P, 4P) located at the top of the MONOCOLUMN (F). Holding the CONSOLE SUPPORT ASSEMBLY (#7) with the handgrips facing upward, feed the WIRE HARNESS up through the neck and out the top access hole. Carefully lower the CONSOLE SUPPORT ASSEMBLY into the MONOCOLUMN.



**CAUTION: BE CAREFUL NOT TO PINCH THE WIRE HARNESSSES (E) WHEN ASSEMBLING THE CONSOLE SUPPORT ASSEMBLY (#7) TO THE MONOCOLUMN (F)**



**MISE EN GARDE : VEILLEZ À NE PAS PINCER LE FAISCEAU DE CÂBLES (E) LORS DU MONTAGE DU SUPPORT DE LA CONSOLE (N° 7) SUR LA COLONNE CENTRALE (F).**

#### Step 5

Using two HEX SOCKET HEAD CAP SCREWS (#1) and two FLAT WASHERS (#8), secure the CONSOLE SUPPORT ASSEMBLY (#7) to the MONOCOLUMN (F). Tighten the screws securely.

#### Step 6

Locate the ACCESSORY TRAY (#17). Align the ACCESSORY TRAY with the bottom of the DISPLAY CONSOLE (#4) as shown. Using four MOUNTING SCREWS (#2), secure the ACCESSORY TRAY to the DISPLAY CONSOLE as shown. Tighten the screws securely.



**CAUTION: DO NOT OVER-TIGHTEN THE PHILLIPS HEAD PAN SCREWS (#2).**



**MISE EN GARDE : NE SERREZ PAS TROP LES VIS CRUCIFORMES À TÊTE CYLINDRIQUE (N° 2).**

#### Step 7

Attach the 3-PIN (3P), 4-PIN (4P) and 10-PIN (10P) CONNECTORS to the corresponding jacks on the back of the CONSOLE ASSEMBLY (#4).

#### Step 8

Feed any excess WIRE HARNESS (E) down into the CONSOLE SUPPORT ASSEMBLY (#7). Secure the CONSOLE ASSEMBLY (#4) to the CONSOLE SUPPORT ASSEMBLY using four PHILLIPS PAN HEAD SCREWS (#2). Tighten the screws securely.



**CAUTION: DO NOT OVER-TIGHTEN THE PHILLIPS HEAD PAN SCREWS (#2).**



**CAUTION: BE CAREFUL NOT TO PINCH THE WIRE HARNESS (E) WHEN ASSEMBLING THE CONSOLE ASSEMBLY (#4) TO THE CONSOLE SUPPORT ASSEMBLY (#7).**



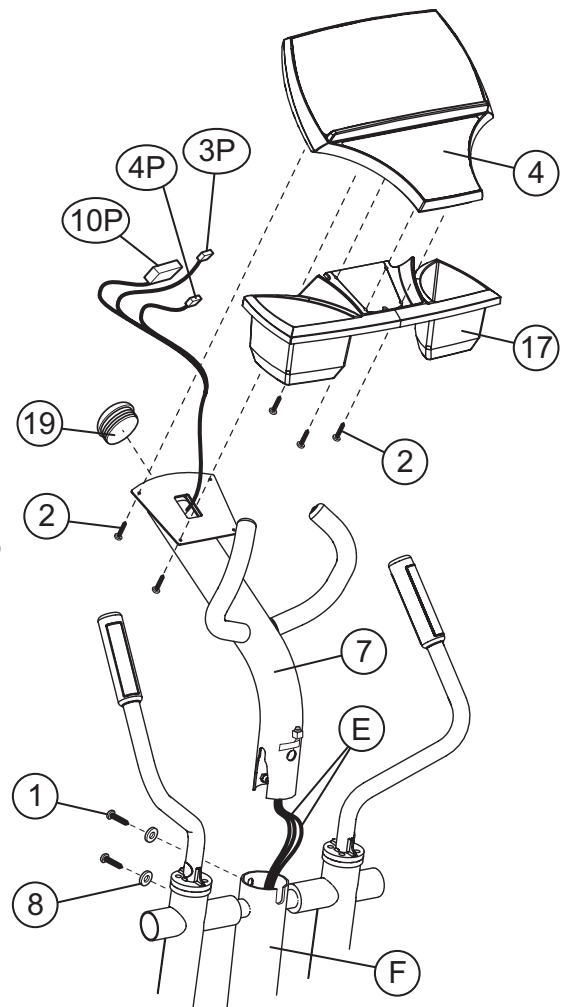
**MISE EN GARDE : NE SERREZ PAS TROP LES VIS CRUCIFORMES À TÊTE CYLINDRIQUE (N° 2).**



**MISE EN GARDE : VEILLEZ À NE PAS PINCER LE FAISCEAU DE CÂBLES (E) LORS DU MONTAGE DE LA CONSOLE (N° 4) SUR SON SUPPORT (N° 7).**

#### Step 9

Locate and install the CONSOLE SUPPORT CAP (#21) onto the CONSOLE SUPPORT ASSEMBLY (#7) as shown.



### Step 10

Locate the POLAR RECEIVER (#16). Slide the FOAM ISOLATOR (#15) over the POLAR RECEIVER. Remove the POLAR RECEIVER JACK (G) from the tape and plug the POLAR RECEIVER into the POLAR RECEIVER JACK.

### Step 11

Locate the front and back MONOCOLUMN COVERS (#5 & #6). With the wire positioned on top, carefully insert the POLAR RECEIVER (#16) between the vertical ribs located inside the BACK MONOCOLUMN COVER (#6).

Place the BACK MONOCOLUMN COVER (#6) over the PIVOT SHAFT (H) at the top of the MONOCOLUMN (F).

**NOTE:** THE POLAR RECEIVER WIRE MUST BE POSITIONED ON TOP WHEN INSERTED INTO THE REAR MONOCOLUMN COVER (#6).

**REMARQUE :** LE FIL DU RÉCEPTEUR POLAR DOIT ÊTRE PLACÉ SUR LE DESSUS LORS DE L'INSERTION DANS LE CACHE ARRIÈRE DE LA COLONNE CENTRALE (N° 6).

### Step 12

Place the FRONT MONOCOLUMN COVER (#5) on the opposite side of the BACK MONOCOLUMN COVER (#6) to cover the PIVOT SHAFT (G) and CONSOLE SUPPORT ASSEMBLY MOUNTING SCREWS. Interlock the top tabs and use two PHILLIPS PAN HEAD SCREWS (#3) to secure the bottoms of MONOCOLUMN COVERS together. Tighten the screws securely.



**CAUTION: DO NOT OVER-TIGHTEN THE PHILLIPS PAN HEAD SCREWS (#3).**



**MISE EN GARDE : NE SERREZ PAS EXCESSIVEMENT LES VIS CRUCIFORMES À TÊTE CYLINDRIQUE (N° 3).**

### Step 13

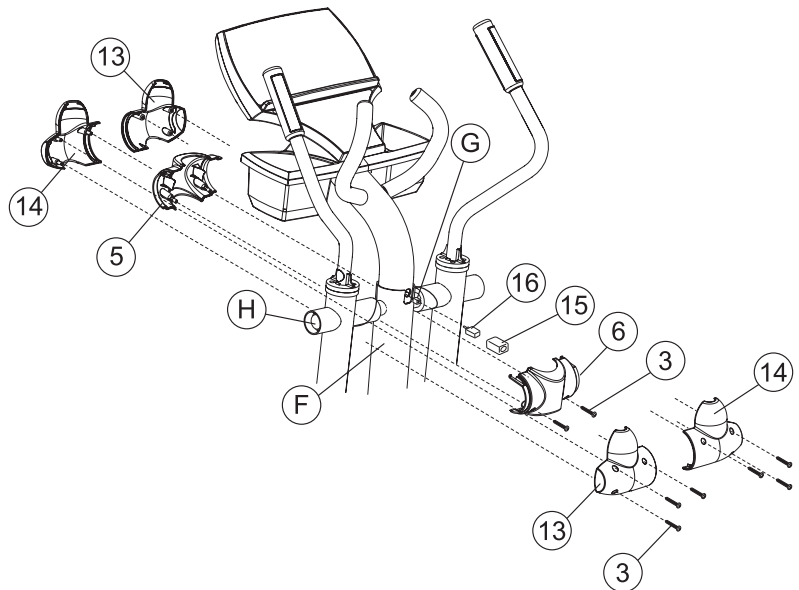
Locate one FRONT ROCKER COVER (#13) and one BACK ROCKER COVER (#14). Position the FRONT ROCKER COVER over the user side of the left end of the PIVOT SHAFT (H) (as shown) making sure that it interlocks with the MONOCOLUMN COVERS (#5 & #6). Place the BACK ROCKER COVER over the opposite side of the left end of the PIVOT SHAFT in the same manner. Secure the covers using three PHILLIPS PAN HEAD SCREWS (#3). Repeat the procedure reversing front and back for the user right end of the pivot shaft.



**CAUTION: DO NOT OVER-TIGHTEN THE PHILLIPS PAN HEAD SCREWS (#3).**



**MISE EN GARDE : NE SERREZ PAS EXCESSIVEMENT LES VIS CRUCIFORMES À TÊTE CYLINDRIQUE (N° 3).**



## **PRE-OPERATION CHECKLIST**

- ✓ *Ensure that all fastener are tight.*
  - ✓ *Make sure the CROSS-TRAINER is properly leveled and stable.  
(Refer to the Operation Manual)*
  - ✓ *Ensure that the Leveler Jam Nuts are tight.  
(Refer to the Operation Manual)*
  - ✓ *Read the entire Operation manual before using the Cross-Trainer.*
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## **LISTE DES VÉRIFICATIONS À EFFECTUER AVANT LA MISE EN MARCHÉ**

- ✓ *Vérifiez si tous les dispositifs de fixation sont serrés*
- ✓ *Vérifiez si l'APPAREIL D'EXERCICE POLYVALENT est de niveau et stable.  
(Référez-vous au manuel d'utilisation.)*
- ✓ *Vérifiez si les contre-écrous des vérins de mise à niveau sont serrés.  
(Référez-vous au manuel d'utilisation.)*
- ✓ *Lisez le manuel d'utilisation dans son intégralité avant d'utiliser l'appareil d'exercice polyvalent.*

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Before attempting to operate your Cross-Trainer, it is imperative that you familiarize yourself with the contents of the operation Manual. If your Cross-Trainer does not respond as described in the Operation Manual, contact the nearest Life Fitness service center as listed in the Operation Manual.



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**M051-00K61-A105**

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